Blue H - Navy Surgeon General's Health Promotion and Wellne

March 2016

WWW.MED.NAVY.MIL/SITES/NMPHC/HEALTH-PROMOTION/PAGES/DEFAULT.ASPX

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

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Why Promote Health in the Workplace?

- OPNAV 6100.2A , Health and Wellness Program (15 Mar 07):

"COs, OICs, Activity Heads, and senior enlisted leaders shall"

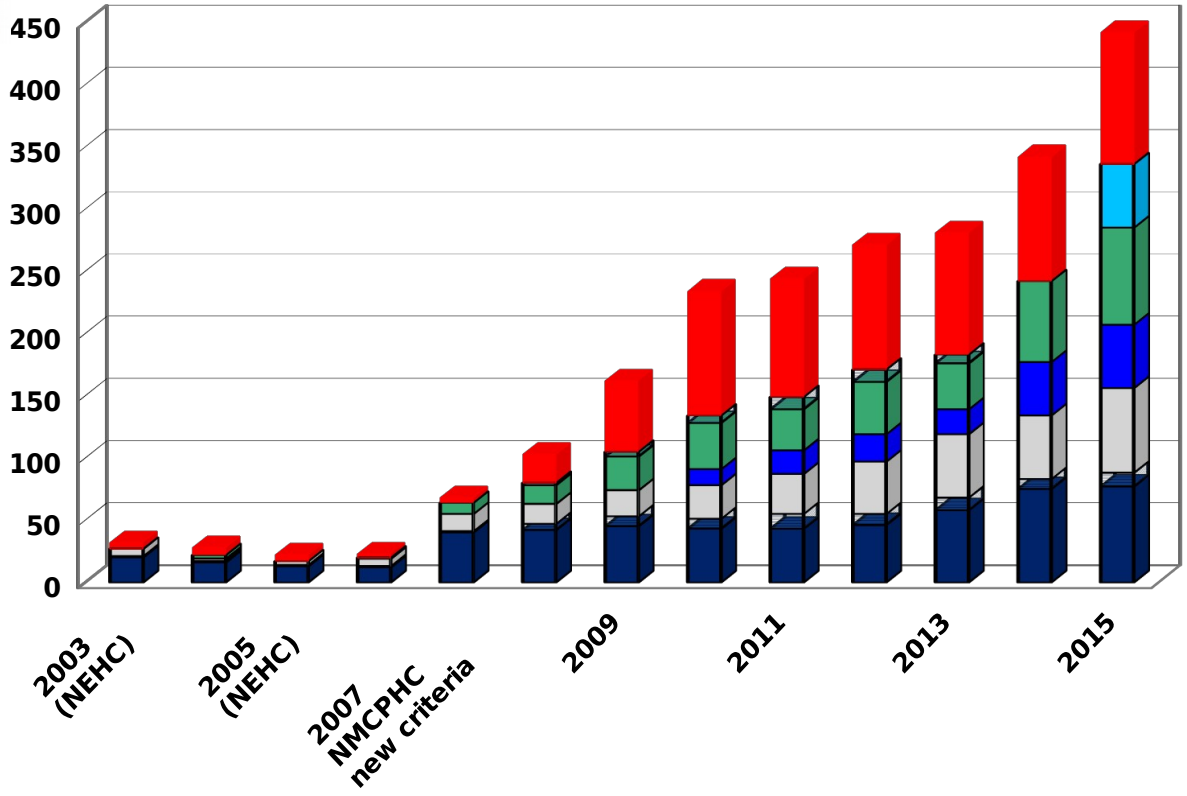
  - Aggressively support the Health and Wellness Promotion
  - Written HP Program Instruction or Policy Statement
  - Sponsor activities/encourage members
  - Assign HP responsibilities to HP Committee
- Health, wellness, fitness and safety of the workforce
- Improve command morale
- Improve individual sense of well-being
- Improve DoN image with taxpayer, allies, potential

What is the Blue H?

- **Annual award for excellence in health, wellness and fitness activities and policies in:**
  - **Navy Ships and Workplaces**
  - **Marine Corps Commands**
  - **Marine Corps Semper Fit Centers**
  - **Navy Medical Facilities and Communities**
- **All Navy and Marine Corps commands are eligible**
- **Four categories:**
  - **FLEET (including all Reserve NOSCs)**
  - **USMC Command**
  - **MEDICAL**
  - **SEMPER FIT CENTERS**
- **Awarded annually**
  - **Basic pennant plus**
    - **Annual streamer in Gold-Silver-Bronze**

Who's Participating?

Navy and Marine Corps Public Health Center
Blue H - Navy Surgeon General's Health Promotion and Wellness Award;
Number and Type of Participating Commands, 2003-2015



Criteria Topics

- Healthy Eating
- Active Living
- Tobacco Free Living
- Sexual and Reproductive Health
- Psychological Health
- Injury and Violence Free Living
- Responsible Drinking
- Weight Management

Why should commands participate?

- **Guides policies and activities**
- **Measures:**
  - **Conduct of evidence-based/best practice activities**
  - **Health status of the crew/staff**
  - **Return on investment**
- **Enables comparison and analysis**
  - **TYCOM-wide**
  - **Navy-wide**
  - **USMC-wide**
- **Recognizes and rewards efforts and best practices**

Who is involved?

- **Primary point of contact:**
  - **Command HP Coordinator**
  - **CFL**
  - **Safety**
  - **DAPA**
  - **Medical**
  - **Others…**
- **Command Health and Wellness Committee**
- **Leadership Triad**

How to participate

Health Center - Blue-H Navy Surgeon General's Health Promotion and Wel - Windows Internet Explorer

med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx

Navy Marine Corps Public He...

Tools Help

short... Navy Marine Corps Public H... Online Hunting & Fishing Lic... MAX Survey THE HYPERBOREAN ORIGIN... Defense Health Agency - D... Take Charge of You

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Navy and Marine Corps Public Health Center > Health Promotion and Wellness > Blue-H Navy Surgeon General's Health Promotion and Wellness Award

GENERAL HPW PROGRAMS AND TOOLS

- Friday Facts e-Newsletter
- Blue-H Navy Surgeon General's Health Promotion and Wellness Award
- Weight Management
- Health Promotion Toolbox
- Health Promotion Training
- Fleet and Marine Corps Health Risk Assessment (HRA)
- Crews Into Shape Challenge
- Reproducible Materials
- Webinars
- Periodic Health Assessment
  - PHA & Civilian Healthcare Provider
- Additional Resources
- HPW Downloads

BLUE H - NAVY SURGEON GENERAL'S HEALTH PROMOTION AND WELLNESS AWARD

The Blue-H Navy Surgeon General's Health Promotion and Wellness Award guides, encourages and rewards the promotion of health in Navy and Marine Corps organizations. This annual award is available at three levels: Bronze Anchor, Silver Eagle and Gold Star.

CY2015 Submission Instructions - Between 1 Jan and 1 Feb 2016:

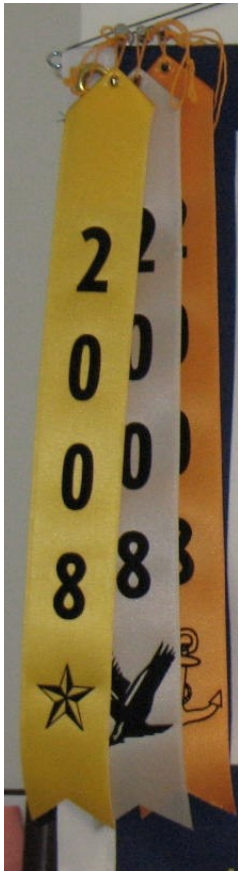
1. Send an email to the Blue H Project Manager with these attachments:
   - your completed Blue H worksheet (in Excel format)
   - your signed/scanned CO Letter
   - your HRA "CO Reports" (one for Military Staff plus one for Civilian Staff IF there are more than 10 GS civilians assigned). Learn more here
   - For GOLD STAR applications:
     - Medical: submit the name of all HPW full time staff members and HP Training Certificates appropriate for their military rank/civilian grade.
     - Fleet: submit name of HP Coordinator and HP Training Certificate for Navy HP Basics Course, Level I (NKO course number NMHPB081) or the 3-day NMCPHC HPW Course.
2. Enter your application data and scores into the Blue H Application webtool (CaC card needed. For technical assistance with the webtool, contact our HelpDesk
3. Your submission is NOT complete until and unless you receive email confirmation from NMCPHC.

Notes:

We invite the command Blue H POC and the CO to complete the brief questionnaire.

Success

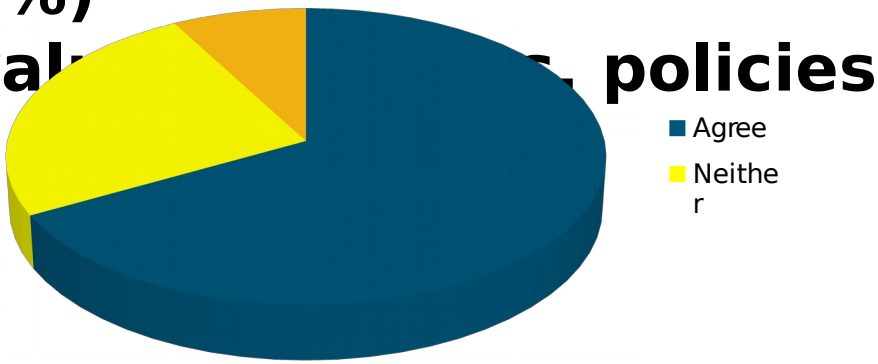
- **BRONZE ANCHOR:**
  - **Every organization that submits**
- **SILVER EAGLE:**
  - **50% of the total available points in <u>each</u> of the topic**
  - **50% of the <u>total</u> available points**
- **GOLD STAR:**
  - **50% of the total available points in <u>each</u> of the topic**
  - **80% of the <u>total</u> available points**
  - **completion of minimum HP training**



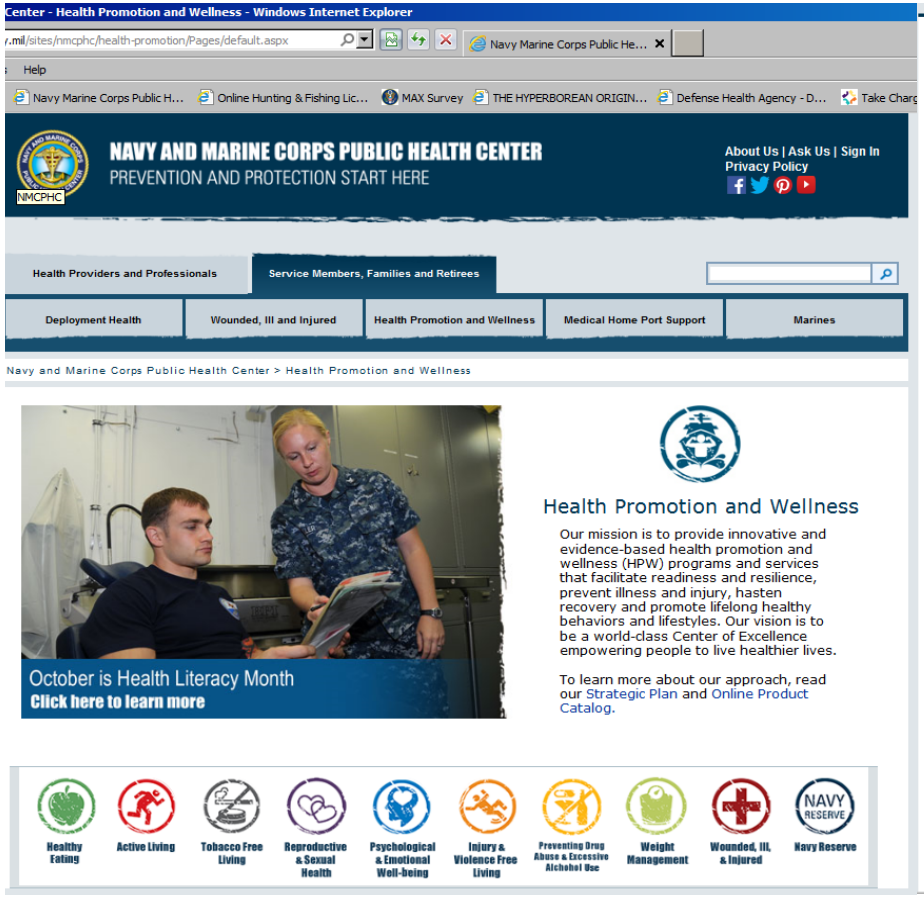
2 of 3 Blue H Award Applicants Agree or Strongly Agree…

(CY2014; n=107)

- **Blue H helps me conduct our command HP Program (67%)**
- **Blue H facilitates and improves leadership support for HP (68%)**
- **Our command's participation in the Blue H process will improve the health and readiness of our command (67%)**
- **Blue H criteria are val… …s, policies or outcomes (64%)**



Ready-to-use HP Products and Training to Support Obtaining a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Navy and Marine Corps Public Health Center > Health Promotion and Wellness
October is Health Literacy Month
Click here to learn more
Health Promotion and Wellness
Our mission is to provide innovative and evidence-based health promotion and wellness (HPW) programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery and promote lifelong healthy behaviors and lifestyles. Our vision is to be a world-class Center of Excellence empowering people to live healthier lives.
To learn more about our approach, read our Strategic Plan and Online Product Catalog.
Healthy Eating
Active Living
Tobacco Free Living
Reproductive & Sexual Health
Psychological & Emotional Well-being
Injury & Violence Free Living
Preventing Drug Abuse & Excessive Alcohol Use
Weight Management
Wounded, Ill, & Injured
Navy Reserve

OVERVIEW

Military health care spending is a large uncontrolled cost within the DOD budget. More than 75 percent of these growing health care costs are due to preventable chronic disorders such as heart and respiratory diseases, stroke, diabetes and non-battle related injuries.

Click on the links below to learn about our approach to improving the health and wellness of Sailors and Marines.

- HPW Brochure
- HPW Fact Sheet
- HPW Poster
- HPW FAQs
- HPW Overview Video

Click here to watch video highlights of the HPW Launch event that took place aboard the USS BATAAN (LHD-5) on October 2, 2012 and features guest speakers U.S. Surgeon General, Vice Adm. Regina Benjamin and U.S Navy Deputy Surgeon General Rear Adm. Michael Mittelman.

GENERAL HPW PROGRAMS AND TOOLS

We provide many general programs and tools that are not specific to any one campaign.

- Blue-H Navy Surgeon General's Health Promotion and Wellness Award
- Crews Into Shape Challenge
- Friday Facts Newsletter
- Health Risk Assessment (HRA)
- Health Interest Questionnaire (HIQ)
- Health Promotion and Wellness Policies and Instructions Library
- Health Promotion Toolbox
- Health Promotion Training
- Health Promotion Training Calendar
- HPW Online Product Catalog
- HPW Partnership Program
- Periodic Health Assessment (PHA)
- Reproducible Materials
- Webinars
- Weight Management
- Additional Resources
- HPW Downloads

The Navy Leader's Guide App is now available for download on Google Play, the Amazon App Store, and iTunes! Check it out:

GET IT ON Google play
Download on the App Store

STAY IN TOUCH

Continue to learn more about what we do while staying in touch. We send out a bi-weekly email newsletter called the Friday Facts to help keep individuals informed and aware of health promotion program resources, training opportunities, current instruction and more. We also offer a newsletter focusing on the Blue H (Navy Surgeon General's HPW Award, SHIPSHAPE, the Health-Risk-Assessment (HRA News) and the promotion of sexual health (SHARPNews)

FRIDAY FACTS:

SUBSCRIBE

BLUE H NEWS:

SUBSCRIBE

SHARPNEWS:

SUBSCRIBE

HRA NEWS:

http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx

Questions?

Get the Blue H Award

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Blue H Award website
http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx